

Friends in Action

114 W. Montgomery Avenue, Rockville, MD 20850

A program of Interfaith Works
FIA creates a network of people from different faiths and ethnic backgrounds to provide caring outreach to families in our community. With the help and direction of professional case managers, volunteers provide a supportive relationship to a family in need for one year. FIA helps the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well-being.

Accepts donations of diapers, wipes, grocery store and shoe gift cards. Teams of volunteer mentors are welcome.

Contact: Monica Barberis-Young; Phone: 301-315-1103; Email: mbarberis-young@iworksmc.org

Web address: www.iworksmc.org

HEALTH

Healthy Families Montgomery

610 E. Diamond Ave., Suite 100, Gaithersburg, MD 20877

A program of Family Services, Inc.

Voluntary home visiting program for first-time parents who live in Montgomery County.

Offers parenting skill building, child development education, linkage to community resources, case management, monitoring of child development and immunizations, and parent education/support groups.

Services are available in English and Spanish at no charge.

Accepts donations of diapers and infant/toddler toys/books.

Contact: Janet Curran; Phone: 301-840-3232; E-mail: curranj@fs-inc.org

Web address: www.fs-inc.org

Elderly Ministries Program

1010 Grandin Ave., Suite A1, Rockville, MD 20851

A program of Community Ministries of Rockville

Provides case management, homecare services, assistive devices and other support services to help maintain low income seniors in their homes.

Offers free minor home repair and furnace cleaning to homes of low-income seniors and people with disabilities.

Accepts donations of \$20 gift cards for grocery stores and CVS pharmacies. Monetary donations are greatly appreciated and used to fund repairs for the homes of elderly residents.

Contact: Barbara Smith-Brady, Director; Phone: 301-637-0171; E-mail: elderlyministries@cmrocks.org

Web address: www.cmrocks.org

Mansfield Kaseman Health Clinic

8 West Middle Lane, Rockville, MD 20850

A subsidiary of Community Ministries of Rockville

Provides primary medical care, referrals to specialty care, behavioral health and health education and community outreach to low income uninsured adult residents of Rockville and Montgomery County.

Services available in English, Spanish, French and Portuguese. For appointments, call 301-917-6800.

Accepts donations of \$20 gift cards to CVS pharmacy and monetary donations. Bilingual volunteers are needed to provide assistance as interpreters (Spanish speaking preferred), medical assistants and nurses.

Contact: Teresita Castro, front desk and health education manager; Phone: 301-917-6800

Web address: www.cmrocks.org

Positive Aging Project

16220 Frederick Road, Suite 502, Gaithersburg MD 20877

A program of Child Center and Adult Services, Inc. that provides a mental health therapist on site at the Rockville Senior Center

Prevention and early intervention services are offered through workshops, ongoing support groups, and brief individual counseling sessions.

Monetary donations are greatly appreciated to help maintain and expand this important program for Rockville seniors.

Contact: Nancy Ebb, co-director; Phone: 301-978-9750

E-mail: nebb@ccascounseling.org; Web address: www.ccascounseling.org

CULTURAL DIVERSITY

Chinese Culture and Community Service Center, Inc.

9366 Gaither Road, Gaithersburg, MD 20877

A nonprofit and non-partisan organization founded in 1982.

Provides services including those aimed at promoting mutual understanding, awareness and appreciation of Chinese and American culture, as well as facilitating



the assimilation of Chinese-Americans into mainstream society through language and citizenship instruction.

The center offers programming in education; Adult English as a Second Language classes to help new immigrants prepare for success in education, daily life, or careers; culture and arts; a new health clinic; community services; senior services; sports and fitness; and youth activities.

Monetary donations are welcome. Volunteers are also needed.

Contact: ChiaoChiao Liu (ESOL) and Kate Lu (Health Clinic); Email: chiaochiao.liu@ccacc-dc.org; kate.pavhc@gmail.com

Phone: CCACC Office 301-820-7200

Web address: www.ccacc-dc.org

Korean Community Service Center of Greater Washington, Inc.

847-J Quince Orchard Blvd., Gaithersburg, MD 20878

KCSC is a non-profit social service organization founded in 1974.

The center provides information and referral services, welfare, health, and immigration case management, counseling and domestic violence victim assistance services.

Also provides translation and interpretation services, and educational services including ESOL, computer and citizenship preparation classes, civics education, pro-bono legal services and an annual health fair.

Annual fundraising drives conducted.

Contact: Julia Chang; Phone: 240-683-6663 x102

Web: www.kcscgw.org

Latino Outreach Program

1010 Grandin Ave., Suite A1, Rockville, MD 20851

A program of Community Ministries of Rockville

Provides English as a Second Language and literacy classes in a family-based program.

Provides infant and child care as well as tutoring for the school age children of students. Also offers two sessions of citizenship classes. Staff help students navigate the immigration process from studying for the exam to completing the applications for citizenship. Classes are located in Rockville.

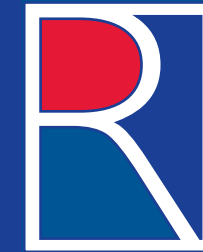
Monetary donations are appreciated and help provide snacks for children, instructional materials, and fees for class instructors. In addition to monetary donations, gift cards of \$15 or \$20 to Target and Wal-Mart are most welcome.

LOP needs teachers at \$15/hour and volunteer teachers' assistants. Please send your resume!

Contact: Cecilia Rojas; Phone: 301-251-2136

Email: crojas@cmrocks.org

Web address: www.cmrocks.org



Rockville's Caregiving Agencies

Making a Difference in Our Community

2013

Every Season Offers Opportunities to Help Volunteer, Donate all Year



Help during the holidays is always welcome but many of those who could use a helping hand need help throughout the year. There are plenty of opportunities to help those in need in an ongoing and sustainable way.

Donate Often

- Food and clothing banks and furniture exchange programs can use items all year.
- Pick up extra non-perishable food items every time you go to the grocery store and drop them off at a food bank when you have a boxful.
- Save clothing and furniture in good condition that you no longer want or need and donate them to organizations that can reuse and recycle the items. Some organizations will even pick up from your home.
- Check out the descriptions of local organizations in this flyer for a description of items that are needed and an organization where you can make a donation.

Volunteer Regularly

- An hour or two a week can go a long way when spent volunteering for a local nonprofit organization.
- Jobs and tasks for volunteers vary widely between organizations and can range from sorting clothing donations to boxing food to professional consulting.
- To find a volunteer opportunity visit www.montgomeryserves.org or check out the volunteer opportunities in this flyer..

Serve on a Board

- Use your leadership skills and interest in helping people as a board member for a nonprofit organization.
- Board member responsibilities can range from program and event planning to fundraising to developing partnerships with related community groups.
- Refer to the descriptions of local organizations in this flyer and contact one that interests you directly for more information about board membership.



City of
Rockville
Get Into It

240-314-5000 • www.rockvillemd.gov

Community Services in Rockville

Great Places to Donate Your Time, Talent, Money – and Keep it Local!

HOUSING

Chase Partnership House

600-C East Gude Drive, Rockville, MD 20850

A program of Catholic Charities of the Archdiocese of Washington

A 36-bed shelter for homeless men who are recovering from drug and alcohol abuse and/or who may have a chronic mental illness. The shelter is open 24 hours a day all year long.

Residents receive case management and three meals daily and participate in 12-step meetings, as well as life skill, discussion and relapse prevention groups.

Accepts donations of paper products, such as toilet paper, napkins, paper towels, men's toiletries and personal hygiene items, cleaning supplies, office supplies, and gift cards from department and clothing stores.

Contact: Uwana Collins; Phone: 301-424-1380; E-Mail: uwana.collins@catholiccharitiesdc.org

Web address: www.catholiccharitiesdc.org

Dorothy Day Place

251 N. Stonestreet Ave., Rockville, MD 20850

A program of Catholic Charities of the Archdiocese of Washington

Transitional housing for single unaccompanied homeless women. Women who live in the shelter come from abusive situations, have been evicted, can no longer live with relatives and may have substance abuse or mental health issues.

Provides two meals daily, shower and laundry services, case management, workshops, 12-step meetings, and much more.

Accepts donations of toiletries, towels, sheets, pajamas, robes, slippers, paper products and, sometimes, small appliances to give to women when moving out.

Contact: Uwana Collins; Phone: 301-762-8314; E-Mail: uwana.collins@catholiccharitiesdc.org

Web address: www.catholiccharities.org

Helping Hands Center

622 North Horners Lane, Rockville, MD 20850

Has provided a safe haven for homeless women with children since 1986.

Accommodates up to 24 women and children each day, year-round, providing case management, private bedrooms, laundry facilities, referrals and three meals a day as they work toward ending their homelessness.

Appreciates donations of hygiene items, paper goods, bed linens, washcloths, bath towels, gift cards for transportation, diapers, over-the-counter medicines, shoes and emer-

gency clothing. Also collects small appliances such as microwave ovens, toasters, coffee pots, etc. to give to families who move into housing.

Contact: Ann L. Chapman or Tammy Holland; Phone: 301-340-2796

E-mail: helpinghandsctr@aol.com

Home Builders Care Assessment Center

(formerly Men's Emergency Shelter)

600-A East Gude Drive, Rockville, MD 20850

A program of the Montgomery County Coalition for the Homeless (MCCH)

Provides 24/7 year-round shelter and daytime services for 750 men experiencing homelessness.

Provides basic amenities such as showers, bunks, meals and access to laundry and restrooms, and supportive services such as case management, vocational counseling and job training, health education classes, in-house 12-step meetings, on-site medical clinic and psychiatric services, and mobile dental care and haircuts.

Accepts donations of prepared meals, toiletries, gift cards and financial donations. (Checks should be made out to MCCH.)

Please contact Teri Brenits at 301-917-6660 for more information.

Contact: Darrell Butler; Phone: 301-917-6665

Web address: www.mcch.net/programs/hbcac.html

Hope Housing

600 B East Gude Drive, Rockville, MD 20850

A program of the Montgomery County Coalition for the Homeless (MCCH)

Three houses provide permanent supportive housing to 15 formerly homeless men and women with disabilities. Case manager assists clients in identifying and fulfilling goals that focus on enhancing life skills (housekeeping, nutrition, and money management), providing community referrals for employment and/or education programs, crisis intervention as needed, and access to day treatment programs and medication management for relapse prevention as needed.

Accepts financial donations (Checks should be made out to MCCH), \$25 gift cards to Target or Wal-Mart, and donated items of cleaning supplies, paper products like napkins, toilet paper and paper towels. Please contact Teri Brenits at 301-917-6660 for more information.

Contact: Nili Soni; Phone: 301-917-6646

Web address: www.mcch.net/programs/hopehousing.html

Horizon House

114 W. Montgomery Ave., Rockville, MD 20850

A program of Interfaith Works

Five homes provide permanent supported living for 25 formerly homeless disabled adults in a group home setting.

Provides oversight and support as residents work towards self-sufficiency.

Accepts donations of gift cards in \$15-25 denominations, hats, gloves, socks, bath towels, toothpaste and pocket calendars.

Contact: Fatmata Kamara; Phone: 301-208-2373

Web address: www.iworksmc.org

Jefferson House

1010 Grandin Ave., Suite A1, Rockville, MD 20851

A program of Community Ministries of Rockville

Provides permanent supportive housing to formerly homeless men who are in a treatment program or have completed a treatment program. Serves six to 10 men annually.

Case Manager works with residents on budgeting and financial issues, housing services, personal goals, community service work, providing outside speakers, nutritional and educational assistance and follow up on relapse prevention.

Accepts donations of \$25 gift cards from stores such as Target or Wal-Mart, cleaning supplies, paper products like napkins, toilet paper and paper towels.

Contact: Jim Booker; Phone: 240-778-4630

Web address: www.cmrocks.org/Jefferson_House.html

Montgomery Avenue Women's Center

12250-C Wilkins Ave., Rockville, MD 20850

A safe, caring daytime program for homeless women, that provides lunch and a snack 365 days per year, between the hours of 8 a.m. and 6 p.m. (2 p.m. on weekends).

Provides case management, computer training, group activities, job readiness, life skills counseling and basic needs.

Appreciates donations of money, paper products, food, toiletries and clothing. Please bring food and other donations to the shelter before 5 p.m. weekdays and 1 p.m. weekends. Drop off or serve your prepared meal or entrée.

Contact: Robert E. Dorsey, Executive Director; Phone: 301-984-7765

Rainbow Place

215 West Montgomery Ave., Rockville, MD 20850

A mission of Rockville Presbyterian Church

Provides a warm, safe and caring environment for homeless women. Serves as a cold weather emergency shelter for adult women age 18 and over November 1 through March 31.

Non-perishable food, winter/rain clothing, hygiene products, and cash donations are accepted year round. Cooked casseroles and specific fresh food items are welcomed November through March. For a list of needs, please visit www.rainbowplace.org. Call Rockville Presbyterian Church at 301-762-3363 to arrange deliveries.

Contact: Erica Anderson, Volunteer/Donation Coordinator, at rainbow@rainbowplace.org or Ingrid Manfredo, Director, at director@rainbowplace.org

Office Phone: 301-762-1496; Web address: www.rainbowplace.org

Stepping Stones Shelter

P.O. Box 712, Rockville, MD 20848-0712

Provides homeless families with shelter, food, clothing, case management services, employment counseling, and tutoring to move them toward self-sufficiency and stable housing.

Staffed 24 hours/day, seven days/week.

Accepts donations of clothing, food, household goods, cleaning supplies, diapers, gift cards to Target, Wal-Mart, CVS, Payless Shoes and other stores listed on website.

Volunteers are needed to sort donations, provide meals, clean, do yard work, provide childcare in the evenings, answer phones, do data entry and to help with events and fundraising.

Contact: Denise Fredericks, Executive Director or Liz Trabucco, Volunteer/Donations Coordinator; Phone: 301-251-0567; Web address: www.stepsingstonesshelter.org

Wilkins Avenue Women's Assessment Center

12250-A Wilkins Avenue, Rockville, MD 20850

A program of Interfaith Works

A 67-bed short-term emergency shelter that each year serves more than 300 homeless women who struggle with issues related to mental illness, substance abuse, trauma and long-term disabilities.

Provides clinical assessment, helps women find housing, as well as medical, mental health and social services that enable them to become self-sufficient.

Accepts donations of high efficiency liquid laundry detergent, liquid hand soap, hand sanitizer, feminine hygiene products (pads), hand sanitizer, wash cloths and gift cards for emergency food needs

Contact: Diana Bernhardt; Phone: 301-770-2413; Email: dbernhardt@iworksmc.org

Web address: www.iworksmc.org

BASIC SERVICES

Interfaith Clothing Center

751 Twinbrook Parkway, Rockville, MD 20851

A program of Interfaith Works, the ICC has assisted low-income Montgomery County residents for more than 30 years.

Distributes donated clothing, home goods, school supplies, new baby items, toys and books free of charge.

Accepts donations of gently used or new children's, women's and men's clothing and shoes; home goods including dishes, small appliances, lamps and linens; new infant items including diapers, toys and books.

Volunteers are needed during operating hours to sort donations, hang clothing, greet/assist donors, answer phones, enter data, help in the children's activity area or assist disabled clients.

Contact: Sabrina Wilson; Phone: 301-424-3796

Web address: www.iworksmc.org/p-interfaith-clothing-centers.html

Manna Food Center

9311 Gaither Road, Gaithersburg, MD 20877

The designated emergency food assistance provider in Montgomery County

Provides a 3-5 day supply of fresh and nonperishable food to 3,800 hungry Montgomery County families each month, as well as over 2,000 hungry elementary school children every weekend.

Smaller county agencies including soup kitchens, emergency shelters, and small pantries receive over 500,000 pounds of food free of charge from Manna.

Manna accepts donations of both food and funds to help feed hungry residents of Montgomery County.

Volunteers welcome!

Contact: Minerva Delgado; Phone: 301-424-1130; E-mail: info@mannafood.org

Web address: www.mannafood.org



Rockville Emergency Assistance Program

8 West Middle Lane, Rockville, MD 20850

A program of Community Ministries of Rockville

Helps individuals and families in the greater Rockville area with emergency financial assistance to help pay rent or mortgage, utility bills and prescription medications. Makes referrals to social services including clothing, food, dental and eye clinics.

Helps people in the following zip codes: 20850, 20851, 20852, 20853, 20854, and 20855.

Monetary donations and \$20 CVS gift cards are most welcome.

Contact: Monica Ramos; Phone: 301-917-6811; Email: mmenndoza@cmrocks.org

Web address: www.cmrocks.org

Rockville Help

(also known as FISH – Friendly Immediate Sympathetic Help)

P.O. Box 1624, Rockville, MD 20849-1624

An all-volunteer organization, serving residents of the City of Rockville.

Provides emergency financial assistance for prescriptions, housing, utilities and food.

Accepts donations of nonperishable foods and money. Volunteers needed to answer voicemails one day a month.

Contact: Carmen Briscoe or Nell Hubbard; Phone: 301-564-0800

E-mail: CallRockvilleHELP@gmail.com

Top Banana Home Delivered Groceries, Inc.

14100 Brandywine Road, Brandywine, MD 20613

Provides home-delivered grocery services with personalized extra help to people with limited mobility and strength, especially the elderly and disabled.

Staff and volunteers receive orders by phone, deliver groceries and unpack them when necessary.

Accepts monetary donations. Every \$10 donation allows for one delivery service.

Contact: Jean Guiffre; Phone: 301-372-FOOD (3663)

Web address: www.topbananagroceries.org

YOUTH AND FAMILY

Family Fun Game Night

621-A Southlawn Lane

A program of Rockville Housing Enterprises for children in the David Scull, Lincoln Park and Maryvale neighborhoods

Game nights are held on the second and fourth Fridays of each month and include video games, crafts and food.

Provides a safe environment for children while encouraging improved communication between parents and children

Contact: Florence Cole; Phone: 301-424-6265

Web address: www.rockvillehe.org

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